



Buff Moms: The Complete Guide to Fitness for All Mothers

By Sue Fleming

Random House Publishing Group, United Kingdom, 2005. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. Safely shed those postpregnancy pounds-and keep them off Motherhood is a demanding twenty-four-hour-a-day job that leaves little if any time for exercise. Now there are no excuses! Sue Fleming, author of the popular fitness guides Buff Brides and Buff Moms-to-Be, has specially designed a book for mothers who want to get back in shape but feel overwhelmed by their hectic schedules. Buff Moms features simple, effective exercises that can be done conveniently at home. By focusing on these exercises and maintaining a healthy diet, mothers can regain their prepartum body. Inside you ll find - essential tips on making the time, starting a routine, and staying the course - upper-body, lower-body, abdominal, and cardiovascular workouts - a special program for women recovering from cesarean births - an exercise regimen tailored to ward off postpartum depression - success stories from real-life moms who have lost weight and feel great Fully illustrated and geared to all fitness levels and abilities, Buff Moms will help you achieve your fitness goals and feel healthy, leaving you with increased endurance to keep up with...



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Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- **Elinore Vandervort**

If you need to add benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.

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